





APRIL 28TH
-
MAY 2ND

CASCO BAY

BREAKFAST HOURS: MONDAY – FRIDAY | 7:00 AM – 10:00AM


































LUNCH HOURS: MONDAY – THURSDAY | 11:00AM – 2:00PM

LUNCH HOURS: FRIDAY | 11:00AM – 1:30PM

 Not Made with Gluten  Vegetarian  Vegan  BeWell



Before placing your order, please inform your server if a person in your party has a food allergy.

	M Blueberry Pie Day	T	W Oatmeal Cookie Day	TH	F
BEWELL BREAKFAST	Apple Cinnamon Oatmeal \$5.50   	Asparagus Egg Frittata \$5.50  	Root to Stalk Omelet \$5.50   	Breakfast Tofu Scramble Tacos \$5.50   	Pico Scrambled Eggs \$5.50   
BEWELL EXHIBITION	Brined Chicken w/ White Bean Salad <i>Marinated Grilled Chicken Breast served over a White Bean and Peach Salad</i> <i>Garnished with a hint of Lime and Fresh Basil</i> \$7.50  	Caribbean Cobb Salad <i>Includes Jerk Chicken or Tofu, Melon Pico de Gallo and Black Bean Hummus</i> <i>Drizzled in a Coconut Curry Dressing</i> <i>Accompanied by a side of Naan</i> \$7.50 	Brussels Sprout & Mushroom Tacos <i>Two Tacos filled with Roasted Brussels Sprouts and Mushrooms</i> <i>Topped with a Fresh Pineapple Guacamole</i> \$7.50   	Black & Bleu Salad <i>Steak with Tomatoes, Mushrooms, Red Onions and Blue Cheese Crumbles over Romaine Lettuce drizzled with Balsamic vinaigrette dressing</i> \$7.50  	Bean Burrito Bowl <i>Includes Pico de Gallo, Cheddar Cheese, Cilantro, Onions, and Cumin Spiced Beans</i> <i>Served over Brown Rice</i> \$7.50   
BEWELL DELI	Grilled Vegetable Wrap \$7.25  	Turkey Guacamole Melt \$7.25 	Turkey, Swiss & Blueberry Sandwich \$7.25 	Asian Chicken & Quinoa Lettuce Wrap \$7.25 	Farmers Hummus Wrap \$7.25  
DELI <small>Served with a side</small>	Andouille Roast Red Pepper Sub \$7.44	Turkey & Strawberry Wrap \$7.44 	Chicken Salad Croissant \$7.44	Tuna Pita Pocket w/ Capers \$7.44	Falafel Sandwich \$7.44
GRILL <small>Served with a side</small>	The BLT on Ciabatta \$7.44	Philly Cheesesteaks w/ Mozzarella \$7.44	Grilled Chicken Parmigiana+ \$7.44	Caprese Grilled Cheese \$7.44	Mushroom Swiss Burger \$7.44
CHEF'S HOT BAR \$0.56/ounce	Indian Cuisine Curry Pork w/ Rice Chana Masala Basmati Rice Naan Mango Chutney	Ramen Bar Hard Boiled Egg Baby Shrimp Mushroom Broth Beef Broth Ramen Noodles Assorted Toppings	Chicken Street Tacos Shredded Chicken Mexican Slaw Salad Cilantro Lime Rice Black Beans Tortillas Tortilla Chips Salsa Assorted Toppings	Asian Cuisine Teriyaki Chicken Thighs Egg Fried Rice Bok Choy & Mushrooms Stir-Fry Vegetables Vegetable Egg Rolls	Southern Comfort BBQ Pulled Pork Mash Potatoes Brown Gravy Sweet Potato Wedges Baked Beans Dinner Rolls

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